

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

Claim 1. (Original) An exercise device, comprising:

A garment having a first end and a second end, the first end having a ventilated area and the second end having a body area;

a member disposed between the first end and the second end, the member being flexibly positioned around a body part;

a plurality of pockets uniformly disposed around the member; and

a handle fastened within the member near the first end, wherein the handle connects with the body part to maintain contact between the body part and the member while the body part performs exercise movements.

Claim 2. (Original) The exercise device according to Claim 1, further comprising a plurality of weights, each weight being configured to be removably inserted into a respective of the plurality of pockets.

Claim 3. (Original) The exercise device according to Claim 2, wherein the plurality of pockets are configured to accept different sizes of the plurality of weights.

Claim 4. (Original) The exercise device according to Claim 2, wherein the plurality of weights are flexibly positioned with the plurality of pockets.

Claim 5. (Original) The exercise device according to Claim 1, wherein the ventilated area comprises an open area free of material.

Claim 6.(Original) The exercise device according to Claim 1, wherein the second area

Claim 7. (Original) The exercise device according to Claim 1, wherein the handle is horizontally fastened with respect to the first end.

Claim 8. (Original) The exercise device according to Claim 1, wherein the handle is vertically fastened with respect to the first end.

Claim 9. (Original) The exercise device according to Claim 1, wherein the handle is releasably fastened with respect to the member.

Claim 10. (Original) The exercise device according to Claim 1, wherein the handle is configured to torsionally resist movement with respect to the member.

Claim 11. (Original) The exercise device according to Claim 1, wherein the body part comprises a forearm.

Claim 12. (Original) An exercise device which moves in conjunction with a body part through exercise movements, comprising:

- a garment having a first end and a second end, the first end having a ventilated area and the second end having a body area, the ventilated area comprises an open area free of material while the body area configures around the body part;

- a member disposed between the first end and the second end, the member being flexibly positioned around the body part;

- a plurality of pockets uniformly disposed around the member;

- a plurality of weights, each weight being configured to be removably inserted into a respective one of the plurality of pockets, the plurality of weights being flexibly positioned within the plurality of pockets; and

- a handle fastened within the member near the first end, wherein the handle

connects with the body part to constrain the member to the body part while the body part performs the exercise movements.

13. (Original) The exercise device according to claim 12, wherein the plurality of pockets are configured to accept different sizes of the plurality of weights.

14. (Original) The exercise device according to Claim 12, wherein each weight comprises a solid deformable member.

15. (Original) the exercise device according to Claim 14, wherein each pocket constrains the solid deformable member.

16. (Original) The exercise device according to Claim 12, wherein the handle is horizontally fastened with respect to the first end.

17. (Original) The exercise device according to Claim 12, wherein the handle is vertically fastened with respect to the first end.

18. (Original) A method of using an exercise device which moves in conjunction with a body part which is moving through exercise techniques comprising:

inserting a body part through a body area of a member;

uniformly disposing the member around the body part;

connecting the body part with a handle of the member; and

constraining the body part to the member while the body part performs exercise techniques.

19. (Currently Amended) The method according to Claim ~~16~~18, further comprising ventilating the body part during the exercise techniques.

20. (Original) The method according to Claim ~~16~~18, further comprising inserting a plurality of weights into the member.

21. (Original) The method according to Claim ~~20~~ 21, wherein the plurality of weights are solid deformable members.

22. (Original) The method according to Claim ~~16~~ 18, further comprising connecting the body part with the member by a handle.

23. (Original) The method according to Claim ~~22~~ 18, further comprising torsionally resisting the exercise movements.